

ALL AMERICAN CROSS COUNTRY CAMP

P.O. Box 37733

Raleigh, NC 27627

raleightrackclub@gmail.com

www.crosscountrycamp.com

SESSION 3 INFORMATION SHEET

REFUNDS: The \$200 registration fee is **nonrefundable** for any reason and is applied to the tuition.

BALANCE: If you are boarding at camp your balance will be \$645.00. Day campers' balance is \$445.00. **Balances assume you have paid the \$200.00 deposit fee.** Balances can be paid at time of registration or may be mailed to: PO Box 37733 Raleigh, NC 27627. Checks should be made out to Raleigh Track Club LLC. You may also pay in full online while signing up. Please note that if paying online, a 2.89% transaction fee will be applied to the cost of camp.

REGISTRATION / CHECK IN: Registration and check-in will be **Sunday, July 21st from 2:30 – 4:30 pm** at the Christ School (in student center). If you cannot schedule your arrival at this time, please advise the camp staff of your expected arrival time. You will be assigned a dorm room/living area and roommate at this time. All teams will be placed in the same dorm and will be assigned roommates with their fellow teammates. If you are NOT with a team and have a roommate preference please email, raleightrackclub@gmail.com

***Please report any damages to your room to staff so you will not be charged at check out.**

WHAT TO BRING:

- Linens (twin sheets, pillow, pillow case & towels)
- Running clothes & shoes (we suggest two pairs of shoes if you have them, also we will run twice a day on most days)
- Casual Clothes, swim suit
- Personal items (soap, toothbrush, toothpaste, sunscreen, insect repellents etc.)
- Paper & pencil
- Spending money (camp store, pizza, snacks etc.)
- Fan (dorms are not air-conditioned)
- Alarm clock, non-perishable snacks, radio etc.
- There are **NO** laundry facilities available, plan accordingly
- Any medication, allergy EpiPens, etc. – **Staff MUST be notified of any of these!**

DIRECTIONS: 500 Christ School Road Arden, NC 28704

From the Asheville Airport: Take a left out of the airport onto Airport Road. Proceed for approximately four miles. Cross US25 (Hendersonville Road) and turn right onto Christ School Road. Christ School Road runs into Christ School.

From I-26: Take Exit 40 (old exit 9, the Asheville Airport exit). Turn away from the airport (a right turn if you're coming in on 26W; a left turn if you're coming in on 26E). Proceed for approximately four miles. Cross US25 (Hendersonville Road) and turn right onto Christ School Road. Christ School Road runs into Christ School.

From I-40: Take exit 51, US25-A. Left at the exit approximately eight miles. Just before the road merges with US25 (Hendersonville Rd.) turn left before the Shell gas station and turn right, directly behind the station.

Asheville Regional Airport (AVL) – This is the only airport we will shuttle from

Distance from Christ School: 5 miles

Airlines: Continental, Delta, Northwest airlines, US Airways, and United Airlines

CHECK OUT: Camp will terminate around **10:30 am on Friday, July 26th**. Please plan accordingly. Your child is expected to clean his/her room and put all trash in hallway (garbage bags will be provided). Please have a counselor check your child's room before they depart for home. If there are any damages to the room that occur during your child's stay at camp you will be charged accordingly.

CONTACTING CAMP: If you have a question prior to the start of camp please visit our website www.crosscountrycamp.com , or email raleightrackclub@gmail.com.

In case of an emergency and you need to contact your child during camp please call 919-218-6651. (Please keep in mind that during camp we travel to off campus sites to run and the reception in these areas is not always available. If this is the case please leave a message on the emergency phone and we will contact you as soon as possible.) We also encourage your child to bring his/her cell phone to camp.

AIRPORT TRANSPORTATION: We will provide transportation to and from Asheville's regional airport. There will be a charge for this service, \$10.00 one-way and \$20.00 for roundtrip service. Please note that Asheville is the only airport that we will provide shuttle service to and from. We ask that you contact the camp staff at least two weeks prior to the start of your camp session with your child's travel itinerary and we will mail, fax or email you the proper paperwork, please call 919-218-6651 or email at raleightrackclub@gmail.com to do so. You can pay for this service at time of check in or you can mail a check prior. All Checks should be made out to Raleigh Track Club LLC and mailed to PO Box 37733 Raleigh, NC 27627 and be received **two weeks prior to camp**.

PREPARING YOUR CHILD FOR CAMP: Preparedness makes camp a better overall experience. Mentally and emotionally, you can prepare your child for camp by emphasizing the positive and reinforcing his own ability to problem solve. While your child is at camp we would like for them to talk to us, communication is key. If he/she has ANY concern, we want them to tell a member of the staff. We are prepared to find an answer to anything from physical ailments, to homesickness, to not getting along with a teammate. All discussions will be kept appropriately confidential. You both should realize that adaptability is essential to everyone's enjoyment while at camp. Of course, we are prepared to provide the best possible environment for your child while at camp.

INJURY OR ILLNESS WHILE AT CAMP: In the event of an injury or illness each camper will be evaluated by the head trainer. He/she may recommend that your child sit out a session or revisit the trainer before the next session. Your child should and is expected to follow the advice of the trainer as it would be in his/her best interest to do so. If your child has not registered a complaint, the trainer cannot always know that something is wrong with a camper just by looking at them. In the event that the trainer feels your child would need to see a doctor you would be contacted immediately. Please stress to your child that he/she drink a lot of fluids (water, Gatorade etc) as heat related injuries are most common in the summer and that he/she should see the trainer if they experience any sort of discomfort.

LOST OR STOLEN ITEMS: All of your child's gear should have his/her name in permanent marker on them. We will have permanent markers if they need them at camp for any items they may have forgotten to label. Lost or stolen items will not be replaced! Please prepare your child to be mindful of his/her belonging and to report lost or stolen items at once to a staff member.

CARS: Your child is allowed to drive their car to camp but will **not** be able to use their car during camp at any time.

CAMP RULES: Your child is expected to follow all camp rules. Failure to do so may result in your child's dismissal from camp. Rules will be handed out to each camper on the first night of camp.